



5 January

HSZC Sangha Newz' &amp; Events 2016



### Seven Limbs of the Balanced State of Truth

*The first is deciding among teachings as a limb of the truth, the second is diligence as a limb of the truth, the third is joy as a limb of the truth, the fourth is elimination as a limb of the truth, the fifth is detachment as a limb of the truth, the sixth is balance as a limb of the truth, and the seventh is mindfulness as a limb of the truth.*

*Deciding among teachings as a limb of the truth is "If there is a thousandth or a hundredth of a gap, the separation is as great as that between heaven and earth." Thus, to arrive at the truth is neither difficult nor easy: all that is necessary is to decide for oneself.*

*Diligence as a limb of the truth is never having plundered a market. Both in buying oneself and in expending oneself, there is a definite price, and there is recognition of worth. Though we seem to suppress ourselves and to promote others, a blow through the whole body does not break us. While we have not yet ceased expending the self on a word of total transformation, we meet a trader who buys the self as a totally transformed mind.*

*Donkey business is unfinished, but some horse business comes in.*



**mondays**

\* 7:00 am zazen (sitting meditation)

\* 7:40 am morning service - (chanting service)

6:00 pm zazen  
6:40 pm evening chanting service

\* last monday of each month, no morning schedule

#### tuesdays - fridays

6:00 am zazen  
6:40 am kinhin (walking meditation)  
6:50 am zazen  
7:20 am chanting service  
7:40 am soji (brief temple cleaning)

6:00 pm zazen  
6:40 pm chanting service

thursdays study hour  
(buddhist text) 7:30pm

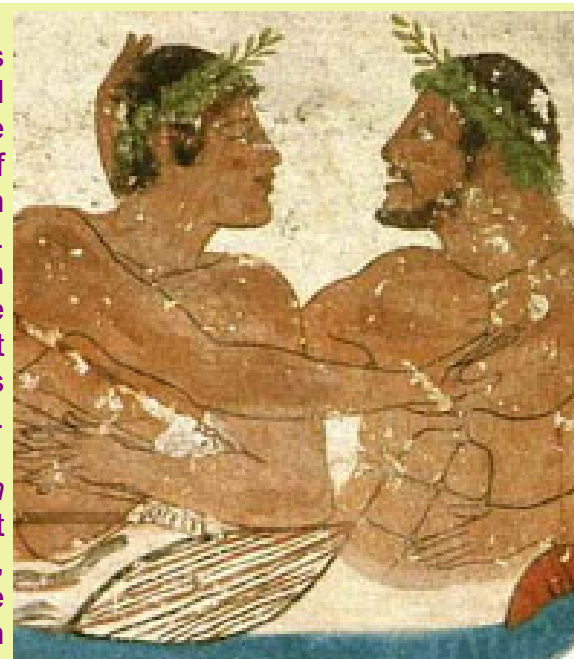
#### saturdays

6:30 am zazen  
7:10 am chanting service  
7:25 am soji  
8:30 am drop-in instruction  
9:25 am zazen  
10:15 am dharma talk  
11:00 am refreshments/social \*

\* if a ceremony applies it will occur before social time

*Joy as a limb of the truth* is sincerity of a granny's mind when blood is dripping. The thousand hands and eyes of Great Compassion! Leave them as they are, immensely busy. Plum flowers are peeping from the December snow. In the scenery of coming spring a great master is cold. Even so, he is fully of life and belly laughter.

*Elimination as a limb of the truth* is, when being in oneself, not getting involved with oneself, and when being in the outside world, not getting involved with the outside world. It is me having



got it, you not having got it. It is ardently expressing ourself and going among alien beings.

*Detachment as a limb of the truth* is "Though I have brought it, others do not accept it." It is Chinese, even when barefoot, walking like Chinese. It is Persians from the southern seas wanting to get ivory.

*Balance as a limb of the truth* is, before the moment, persevering the eye that precedes the moment; it is blowing our own noses; and it is grasping our own rope and leading ourselves. Having said that, it is also being able to graze a castrated water buffalo.

*Mindfulness as a limb of the truth* is outdoor pillars walking in the sky. Thus, it is the mouth being like an acorn and the eyes being like eyebrows and at the same time it is to burn sandalwood in a sandalwood forest, and it is the roar of a lion in a lion's den.

From Thirty-seven Elements of Bodhi [Master Dogen's Shinji Shobogenzo - by Translator Gudo Nishijima](#)



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we are a 501-C 3 non-profit



photo: [Öryōki](#) training for winter light retreat hszc - Dec 2015

## ~ upcoming events ~

### **dharma talks** @10:15am, saturdays

**Myō Lahey** - Jan 16, 23 Feb 6, 13, 20... *hszc speakers*  
**Daiko Tanzen, David Bullock** - Jan 30, TBD

*guest speakers*  
**Kai Ji Jeffrey Schneider** - jan 9; **Shokan Jordan Thorn** - feb 27; **Anshi Daigi Zachary Smith** - mar 5; **Peter Van Der Sterre** - March 12; **Kogen Seido Jamie Howell** - apr 16; **Kyosho Valorie Beer** - may 28; **Anshi Daigi Zachary Smith** - jun 4; **Ko Shin Steven Tierney** - jul 2; **Peter Van Der Sterre** - jul 30; **Renshin Bunce** - aug 6; **Shokan Jordan Thorn** - sept 24; **Ko Shin Steven Tierney** - dec 17;

**full moon ceremony Sat; Jan 23rd 11am - the "full wolf moon"** This full Moon appeared when wolves howled in hunger outside the villages. It is also known as the Old Moon. To some Native American tribes, this was the Snow Moon, but most applied that name to the next full Moon, in February.

**study hour - thursdays @7:30pm:** selected Studies of Zen Master Dōgen. see our website for details. So far all have been from the Dōgen Shōbōgenzo version compiled and translated by [Kazuaki Tanahashi](#).

### **Koso gotan-e - observed - Jan 23rd**

January 26th is the **birthday of Dogen** (the Founder of Soto Zen). Dogen was born in Kyoto on January 2nd (January 26th in the solar calendar). On January 26th, in Japan Soto Temples two ceremonies are held in celebration of his birth, one in the morning and the other in the afternoon. In the morning ceremony, a scroll with a painting of Dogen is hung in the Lecture Hall (Hatto). A pail is placed in front of the painting containing holy hot water in which such incense as aloes, sandal wood have been boiled. In the afternoon is the ceremony of appreciation (Ho-on Koshiki). Special shomyo Buddhist music is chanted as an expression of gratitude.

**half day retreats** - **contact:** [hszc108@yahoo.com](mailto:hszc108@yahoo.com) to register, we will begin to have half day retreats primarily aligned with full moon ceremony or other Buddhist holiday/events. 6am to 1pm, oryoki breakfast - current scheduled dates include:

- **feb 20, 2016**
- **apr 9, 2016**
- **jun 18, 2016**

**Chinese new year! Saturday, Feb 6th @11am (we observe)** [Chinese New Year](#) décor, treats and the symbolic call to our deceased loved ones, followed by offerings to make their current state a more enjoyable one and just remember them and send loving intentions through joss paper offerings.

It is also the event we recognize our completed goals and wishes by offering our [Daruma](#) to the beyond in the joss paper fire and installing a new Daruma by coloring in one eye as setting the goal (traditional Daruma process).

### **closure & schedule changes:**

**last monday of each month** - no morning program, only evening [schedule](#)

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**monday feb 15** - closed all day, Presidents' day

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**founder monthly memorials** - [Issan's](#) is the 6th of each month and [Philip's](#) is the 26th (or closest dates to these if cant be on that day) evenings at 6:40pm or saturday mornings

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**practice discussions at hszc are available with Rev. Daiko Tanzen**, David Bullock. and **Dokusan with Rev. Myo Lahey** please call us, approach them directly, or email:hszc108@yahoo.com to request to schedule time.

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**words transcribed by sangha, spoken by our Abbot Rev Myo Lahey**

"Suzuki Roshi said, 'Something that is beautiful is always losing its balance.' You can see that for yourselves, if you notice something that you think is beautiful. If you look at it you'll see it's beautiful against a background of impermanence."

[2007-06-16 The Terror of Nothingness - HSZC Dharma talk](#)

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**Hartford Street ZC - history** (newsletter 1984)



A TALK AT HARTFORD STREET ZEN CENTER  
by  
EKAI KOREMATSU

July 5, 1983

With so many meditation practices available it is confusing to talk about them and to choose our way of life from among them. Some people feel it is important to understand the deep truth or philosophy beneath the practice, and try to find the most suitable way for themselves. Some people are interested in experience in meditation and try to find their own mind or true mind through these practices. Some people come to meditation to change their lives or to improve themselves through discipline. And some people enjoy the comfort and clear mind in the practice and after meditation. So, many people come to zazen practice with these various ideas in their minds and in practicing they find "good" zazen and "bad" zazen - finding joy and suffering in sitting. But this which we call "good" or "bad" is not zazen, it is rather what we are bringing to the sitting which makes this difference. In zazen DO ZAZEN, not something else. If your intention is pure, everything and everybody will benefit from your sitting. Your true sitting is not the self-centered action of a small mind, rather it is the action of a Buddha's mind, an Ancestor's mind, and a Bodhisattva's mind. This kind of confidence is important from the beginning. If we practice sitting sincerely, for three to ten years, hopefully some kind of confirmation will grow within ourselves.

**HIV meditation group;** weekly meditation group for those living with HIV, their friends, families, community supporters & anyone who wants to join us!

thursdays & fridays  
10:30am zazen  
11:00am garden socializing

**meditation in recovery;** weekly meditation group for men & women in recovery from addiction  
fridays, 7:30pm - 9pm

**(women only) meditation in recovery;** monthly meditation group for women in recovery from addiction  
first thurs, 7:15pm -8:45pm

**(men only) meditation in recovery;** a monthly meeting for men in recovery from addiction  
3rd thurs of every month, 7:30pm-8:30pm

**board of director meetings;** you're invited to attend & observe!  
second weds of each month, 7:30pm

Abbot, hartford street zen center --- Reverend Myō Lahey ---



57 hartford street  
san francisco, CA 94114  
info@hszc.org  
415.863.2507

please submit stories, reflections,  
personal news, artwork & photography  
for future newsletters to  
KeiDo at

tetsugen.keido@yahoo.com

may this newsletter find you well  
& equanimous! \_/\\_



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please contact us for rental space & events, ceremonies performed by a zen priest - weddings, memorials,  
coming of age & baby naming events

find other sf bay area lgbtqqi/queer community events & venues [here](#) - or - [here](#)

